

stern thrust.

Note. That you are now in a position sufficiently high for paddling, & yet with no feeling of instability.

9) Train yourself to paddling in a kneeling position with the knees spread apart & just a portion of your weight resting against the thrust or seat. This offers a wide stable base of support with your weight low, & yet your body erect & poised, to put the utmost power into your paddling strokes.

Kneeling pads are comfortable, or use a sweater, shirt, or bath-towel, a folded road of papers well placed under your knees, if your knees are bare, helps.

Paddling & Strokes

1) Canoes, unless sufficiently loaded have not enough momentum to carry their heavy very long between strokes. therefore a surging, steady, machine-like stroke will require less effort than a slow sluggish pace which allows the canoe to "coast" & slow down between each stroke.

2) The paddle should be held with the upper hand like a cup near the grip, the lower hand close to the blade with the fingers + thumb encircling the shaft. Do not get into the habit of leaning your thumb on the same side of the shaft as this grip is weak. The skin between thumb + first finger will become gradually hardened so that even in rough weather this grip will not prove uncomfortable + the greatest amount of control will be afforded.

3) During the recovery of each stroke, both arms should be definitely relaxed in order to momentarily rest the muscles, but in spite of this, the recovery should be clean-cut + snappy. Also the blade should be feathered so that it cuts edgewise through the air parallel with + close to the surface of the water, so that it offers the least resistance possible.

4) In handling groups, considerable progress can be made in the fundamentals by practicing from the edge of a low rock or float, or ^(or) standing in shallow water (knee deep)

● Following this preliminary work
the groups may be taken out.

a) Crews of 4 with an
instructor or competent paddler in the
stern position (two canoes)

b) Tandem work
Should follow as quickly as the
group has acquired the feel of the
paddles & mastering of the simpler
strokes & a sense of balance & should
continue until they are capable of
paddling either bow or stern position.

c) Single paddling
● Is the next step and it should
be the ultimate aim of every
canoeist to efficiently handle the
canoe under the conditions of
either calm or rough weather &
be self-reliant in cases of
emergency.

5. Definitions.

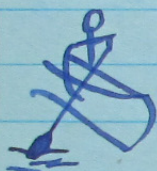
Reposition of paddle. Ready to
dip at the beginning of a straight
ahead stroke, the width of the
stroke blade at rt. angles to the
canoe -

● The side of the blade facing
forward is the "front," the other
side which is facing aft is the
"back."

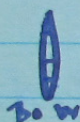
The edge of the blade nearest the canoe is the "inner" The other which is farthest is the "outer" edge.

Stroke Nomenclature.

I. Bow Stroke.



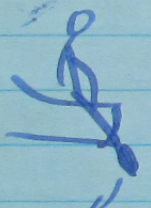
STERN



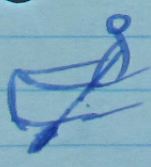
This is a plain stroke used to propel the canoe forward, the paddle is dropped close to the canoe & as far forward as you can comfortably reach without smothering the body. With the back of the paddle blade facing squarely stern, the strokes move in line parallel with the keel until the lower hand is in line with the hip, the recovery is made by beginning the upper hand down to the gunwales on the far side, thus slicing blade sideways out of water - edge up. When about $\frac{2}{3}$ through recovery the grip of upper hand causes the paddle to begin to revolve in lower hand so that when the recovery is completed the paddle is in position for beginning the next stroke.

There is no steering effect in this stroke. It is normally used in bow-paddling position & by the intermediate positions in crews of four & in war canoes. The stern position also uses it occasionally when the remainder of the crew are stroking in a manner to make stern steering unnecessary, or when wind conditions have the same effect.

2) Half Sweep.

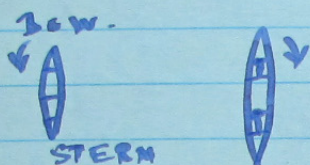


The sweep is executed with the paddle held as nearly horizontal as will permit, about $\frac{2}{3}$ of the blade to be submerged with the inner edge of blade down & the outer edge straight up. The upper hand & the grip of paddle travel in an arc practically parallel with the surface of the water & at about the height of the lower ribs of paddler.



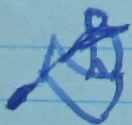
The half sweep turns the bow of the canoe away from the paddling side without losing head-way & may be used in tandem paddling. The faster the stroke,

the shorter the arc away from the canoe & stern, ending at a pt. forward of the line of the hips.



3) Draw.

The draw stroke consists in reaching out as far as possible without over-balancing with the paddle in an almost perpendicular position in the water & actually drawing the canoe up to the paddle. The straight side draw is executed at rt. angles to the length of the canoe. The diagonal draw forward & the diagonal draw stern are exceedingly useful in blending into the regular bow stroke to assist the stern paddler in turning the canoe without losing heading. The diagonal draw stern is used when it is desired to move the canoe stern & sideways. In all of the draw strokes one reaches with the paddle as far as possible in the direction in which it is desired to move the canoe, then actually draws the



canoe up to that pt.



General Notes.

Canoe Construction.

The aborigines in Eastern North America developed the birch bark canoe - those in the south and west developed the dug-out, and the Esquimaux contributed the skin-covered kayak.

Each of these three types was developed by adapting the materials at hand to meet the different conditions encountered. The birch bark was made out of large sheets of the bark of the paper birch, sewn together with fibrous roots and made watertight with pitch. The outer skin was stiffened by an inner one of cedar wood pared down to paper-like thinness & broad by wide, bent ribs of the same wood placed close together. It was buoyant, easily managed in small streams & light enough for frequent portaging, but was not durable. The dug-out was developed where the waters were more placid & where soft, easily-worked

• woods were available. It was made by shaping the trunk of a tree and then hollowing it out. The dug-out was usually heavy and unstable, but was fast running in smooth waters.

• The Esquimaux kayak was the forerunner of the modern decked canoe. A skeleton of wood or bone was covered with skins stretched directly over the framework with no intervening layer of stiffening material to keep the cover smooth. It was completely decked, except for a small cockpit covered with an apron tied around the paddler's waist. It was designed for use in the open sea & afforded its user immunity from danger of wind or wave. It could not swamp, and if it overturned the paddler righted it with a flip of his double-bladed paddle.

The white man has developed the all-wood and canvas-covered types of canoe as improvements on the birch-bark, dug-out & kayak.

• His craft is similar in general shape to the canoes of the aborigines, but their lines are finer & their superior construction shows the

advantages of the white man's tools
machinery & wood-working ability.
The canvas covered type outriggers
all other similar watercraft and its
use in sheltered waters has extended
to Europe & other countries.

When selected and used with
discretion, a reasonable amount of skill
and common sense, the canoe, whether
all-wood or canvas-covered, is one
of the safest crafts afloat. It is
buoyant & seaworthy & will support
the paddler even when completely
filled with water.



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